

# 5K Championship File

## Team Results

| Name                                          | Race 1  | Race 2  | Race 3  | Best 2  | Club                     |
|-----------------------------------------------|---------|---------|---------|---------|--------------------------|
| 5K Race 1 2016                                |         |         |         |         |                          |
| <b>1. North Herts Road Runners 1 02:05:24</b> |         |         |         |         |                          |
| Katie HARBON                                  | 0:18:59 | 0:18:54 | 0:18:40 | 0:37:35 | North Herts Road Runners |
| Barbara SAYERS                                | 0:21:41 | 0:21:31 | 0:21:38 | 0:43:09 | North Herts Road Runners |
| Caroline THRUSSELL                            | 0:22:23 | 0:22:15 | 0:22:39 | 0:44:39 | North Herts Road Runners |
| <b>2. Dacorum &amp; Tring AC 1 02:22:06</b>   |         |         |         |         |                          |
| Niamh DEMPSEY                                 | 0:20:14 | 0:19:56 | 0:20:17 | 0:40:10 | Dacorum & Tring AC       |
| Louise FLOWER                                 | 0:24:02 | 0:23:24 | 0:23:05 | 0:46:29 | Dacorum & Tring AC       |
| Leah SILL                                     | 0:27:59 | 0:28:10 | 0:27:26 | 0:55:26 | Dacorum & Tring AC       |
| <b>3. North Herts Road Runners 2 02:26:05</b> |         |         |         |         |                          |
| Claire O'SULLIVAN                             | 0:24:14 | 0:24:36 | 0:23:18 | 0:47:33 | North Herts Road Runners |
| Joanne HARBON                                 | 0:25:04 | 0:25:35 | 0:24:06 | 0:49:11 | North Herts Road Runners |
| Linda AIRD                                    | 0:25:32 | 0:25:01 | 0:24:19 | 0:49:21 | North Herts Road Runners |
| <b>4. St Albans Striders 1 02:34:17</b>       |         |         |         |         |                          |
| Wendy WALSH                                   | 0:19:59 | 0:19:47 | 0:19:39 | 0:39:27 | St Albans Striders       |
| Linda CASSIDY                                 | 0:28:38 | 0:28:04 | 0:28:02 | 0:56:06 | St Albans Striders       |
| Jenna PICKERING                               | 0:29:30 | 0:29:40 | 0:29:13 | 0:58:44 | St Albans Striders       |
| <b>5. Barnet &amp; District AC 1 02:38:52</b> |         |         |         |         |                          |
| Annabelle LEE                                 | 0:23:12 | 0:22:55 | 0:22:54 | 0:45:50 | Barnet & District AC     |
| Rosamond DE LA BERTAUCHE                      | 0:26:58 | 0:27:03 | 0:27:07 | 0:54:01 | Barnet & District AC     |
| Diane GODIN                                   | 0:30:29 | 0:29:27 | 0:29:32 | 0:59:00 | Barnet & District AC     |
| <b>6. North Herts Road Runners 3 02:39:10</b> |         |         |         |         |                          |
| Helen HARBON                                  | 0:25:35 | 0:25:48 | 0:25:25 | 0:51:00 | North Herts Road Runners |
| Sue VAUGHAN                                   | 0:27:06 | 0:27:04 | 0:26:13 | 0:53:18 | North Herts Road Runners |
| Lindsay COOK                                  | 0:27:41 | 0:27:40 | 0:27:11 | 0:54:51 | North Herts Road Runners |
| <b>7. Ware Joggers 1 02:51:19</b>             |         |         |         |         |                          |
| Jane WREN                                     | 0:24:47 | 0:24:07 | 0:23:53 | 0:48:00 | Ware Joggers             |
| Judy SILLITTO                                 | 0:28:08 | 0:27:24 | 0:26:33 | 0:53:57 | Ware Joggers             |
| Megan BLACKER                                 | 0:36:31 | 0:35:10 | 0:34:10 | 1:09:20 | Ware Joggers             |